

Winter 2018

Christmas Eve Worship Services at Skaalen

Sunday Worship
10:30 a.m.

Christmas Eve Candlelight Worship
4:30 p.m.

All residents, families, staff, and community members are welcome.



Merry Christmas

Holiday Menus

Christmas Eve

Swedish Meatballs
Mashed Potatoes with Gravy
Buttered Turnips
Lefse

Apple Ring/Endive
Fruit Soup with Topping

Christmas Eve Supper

Oyster Stew or Chicken Noodle Soup
Cheese/Olive Spread on Rye
Jello Salad
Christmas Cookies

Christmas Day

Ham with Cherry Pineapple Glaze
Twice Baked Potato
Cascade Vegetable
Fruit Salad
Croissant
Coconut Cream Pie

Christmas Day Supper

Vegetable Beef Soup with Crackers
Turkey Salad Sandwich
Tomato Slice with Lettuce
Christmas Cookies

Each resident may have up to four guests join them for a holiday meal. If you would like to join your resident for a holiday meal, please call (608) 873-5651, extension 0, to make your reservation.

Pastoral Perspectives

**James S. Koza,
Chaplain**

This project actually started about five years ago. We were hoping to have it finished for our daughter's high school graduation, but other things got in the way. Then we imagined it might be done by her graduation from college, but our available funding went to tuition instead. Then we spent time taking care of our aging parents, and moving my mother-in-law from Minnesota to Stoughton. That all demanded a different focus of our energies for several years. But the time has now come. We have no more good excuses. We have been in our home now for almost 17 years and we definitely need to get this project finished: home re-decorating!! With some older chairs that are now threadbare, carpets that are worn and dirty, and paint that is faded and marked, we need to make some new purchases and arrange for refinishing work to be done soon. Some people even enjoy redecorating; my wife is actually very good at all of this and usually enjoys the process. But personally, I would gladly go to the dentist to get a root canal done or get a few teeth pulled rather than go furniture shopping!

And our experiences these past few months have reinforced my reluctance to become an amateur interior designer. After one false start with a really bad, disorganized, expensive designer, we finally went back to an old friend who had greatly helped us in our previous house. But even with her calm, efficient help, this has been a huge, difficult, and very frustrating project. We are hoping to make many changes in several rooms that include new chairs, a new sofa, new carpeting, and fresh paint. But, just as soon as we happily decide on some chairs, then we can't find fabric to work with the existing carpet. And when we find fabric we like, then we find that it can't be used by that chair manufacturer. The overall plan, and all the details of each room, just keep shifting, and changing, spinning, and falling

apart. All the designer "ducks" just never seem to line up in a straight row!! Ugh.

And, of course, every life "experience" can become a life "lesson." Like so many other events and issues in our lives, not all the pieces fall easily in place each day. When work and career are going well, then family gets sick. And when everyone is healthy, then there are threatened layoffs. And as soon as we decide on next year's vacation, then the airline prices go up. And once we have enough money to start traveling, then our health declines and we tend to just stay home. How rare it is to have a year, month, week, or even day that goes completely smoothly. There seems to always be a "bump in the road," "a fly in the ointment," or a "wrench in the works." And in the midst of these fluctuating problems and issues and challenges, we need to give up the personal control we seek in our lives, and trust in God, instead of trusting in our selves. In the gospel of Matthew, the 25th chapter, we are reminded of these words from our Lord: "Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? But seek first his kingdom and his righteousness, and all these things shall be yours as well. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day."

In the coming year, may the projects, and problems, and critical events in your life eventually find good solutions; may your anxious days be replaced with a trusting faith; and may you find the right fabric to match that new sofa!

Gifts & Memorials

July 1 – September 30, 2017

In Memory of June Dahl

Ruth Kamrath

In Memory of Ervin Erdahl

Betty Elsner

In Memory of Kay Hess

Charles Hess & Family

In Memory of Karen Landerud

Anonymous

Dennis & Jean Blackmore

Gail & Marvin Blundon

Karen Briggs

James & Linda Ellestad

Ruth Furseth

Joan Grefsheim

Joseph & Marylis Hansen

Loretta Himmelsbach

Wayne & Gayle Huston

Kathryn Kellen

Deborah Kuklinski

Family of Karen Landerud

Dale Marsden & Joann Sornson-Marsden

Dollie Newlun

David & Burnette Olson

Patsy & Wilson Rossman

Clarke & Linda Schroeder

Elizabeth Theisen

Arnold & Carrol Vollmer

In Memory of Fern Larsen

Agnes Grefsheim

Family of Fern Larsen

Arlene McCord

Robert & Kim Petershack

Robert & Jean Ristau

Darcy Williams

In Memory of Hazel Lunde

Anonymous

Wilma Furseth

Robert & Dianne Jensen

Willard Lund

Donald & Karen Nihles

Joann Swenson

In Memory of Ronald Nelson

Evonne Nelson

John & Martha Onsrud

In Memory of Loved Ones

Tena Marie Kromrey

In Memory of Lois Pavlue

Anonymous

In Memory of Emil "Mick" Robyn

Anonymous

Dennis & Sally Redeke

Family of Emil "Mick" Robyn

George W. Robyn Jr. & Family

George Robyn Sr. & Family

Mike & Evie Viland

In Memory of Liz Schultz

Anonymous

Linie Cooper & Linda Ylvisaker

George & Eileen Tincher

Roger & Joyce Utermark

In Memory of Robert Wolf

Betty Elsner

Edwin E. & Janet L. Bryant Foundation

Corporate Congregations

Bethlehem Lutheran Church, Brodhead

Deerfield Lutheran Church, Deerfield

First Lutheran Church, Stoughton

McFarland ELC, McFarland

St. Paul's Liberty Lutheran Church,

Deerfield

Business & Organizations

Compass Group

Employee Artisan

Madison Coffee & Vending

Martin Bros. Distributing Co. Inc.

Skaalendal Inc.

Skaalen Village Inc.

Spirit Team – Candy Bar Sales

Spirit Team – Casual Dress Day

Spirit Team – Frito Chip Sales

Studio 184 – Cindy Gazso

Thrivent Choice Dollars Program

Vennevoll Inc.



Gifts & Memorials ***July 1 – September 30, 2017***

Individuals

Anonymous
Russ Braatz
Elnora Hayes Johnson
Kenneth & Wanda Kalhagen
Robert & Louise Kluge
Roger Lehmann
Herb Leiting
Ronald & Evonne Nelson
Christine Otterstatter
Maurice R. Price
Fred & Doris Rickleff
Joyce Russell
George & Eileen Tincher
Sharon Wendland
Phyllis Wolf

***Thank you to the following individuals
for selecting Skaalen to receive
Thrivent Choice Dollars.***

Helen Bakken
Nancy Fjestad
Ronald Henke
Wanda Koenig-Kalhagen
Donna Leek
Robert Martin

Holiday Gatherings

Skaalen has a number of conference rooms and areas that residents and families may reserve for holiday and special family gatherings. If you would like to reserve an area, please call Dawn Zaemisch at (608) 873-5651, extension 7240.

Resident Email

The resident email address is
resident@skaalen.com

Please be sure to include the resident's name in the subject line. Our Leisure and Support Services Staff print and deliver resident emails every day. Residents have an opportunity to send email messages, with the assistance of a staff member, at various times during the week.



Ash Wednesday & Lenten Worship Services at Skaalen

This year, Ash Wednesday falls on February 14th, 2018. This communion service marks the beginning of our Lenten Worship season, and will be held at 10:30 a.m., in the Skaalen Chapel. On all the following Wednesdays until Holy Week, we will be gathering for Lenten Worship Services also at 10:30 a.m. Our student ministry intern, Leah Holloway, will be assisting with and preaching in this Lenten Worship series. Please come and join our Skaalen faith community for this Lenten journey.

SKAALEN HEIGHTS

Residential Care Apartment Complex (RCAC)

Tentatively opening spring 2018

- Thirty-three unit assisted living Residential Care Apartment Complex
- Three story, 44,000 square foot building, influenced by Norwegian architecture and colors.
- Secure environment
- ADA accessible rooms and common areas with two-elevator access
- Central dining area, multipurpose area and activity room
- Large deck overlooking the views of the Yahara River
- Assistance available with personal cares, cleaning, bathing, laundry, medication administration and meals
- New level of care in Skaalen's established continuum that includes independent, supportive, assisted, memory care and skilled care.
- Onsite parking available
- Full facility WIFI access
- Resident call assistance system
- Ten, one-bedroom/one bathroom units available with full kitchen including stove, refrigerator and washer/dryer. Range in size from 508 to 521 square feet.
- Seventeen, two-bedroom/one and half bathroom units with full kitchen including stove, refrigerator, dishwasher and washer/dryer. Range in size from 720-728 square feet. Some units have walkout patios with views of the Yahara River.
- Six, two-bedroom/two bathroom units with full kitchen including stove, refrigerator, dishwasher and washer/dryer. Range in size from 899 to 905 square feet. *To view each of the floor plans, please visit our web site, click on the Assisted Living tab and drop down to Skaalen Heights.*
- Easy access to all Skaalen main campus services and resources including RN access, Leisure & Support Services, Worship Services, Wellness Center and Therapy Pool access. Quick access to Stoughton Hospital and community walking trails.
- Whirlpool spa available



For additional information, please call Rob Hostrawser at (608) 873-5651, extension 7334.